MADISON EAST HIGH SCHOOL

SPEED & STRENGTH

SUMMER 2026

MONDAY - THURSDAY | JUNE 15 - JULY 30, 2026

SESSION 1 — 9:00 AM - 10:30 AM



Designed for
FEMALE STUDENT-ATHLETS

- AGILITY
- POWER
- ENDURANCE



SESSION 2 — 10:30 AM - 12:00 PM



Open to
ALL HIGH SCHOOL STUDENTS

- TOTAL BODY
- BUILD MUSCLE
- ACCELERATION



SESSION 3 — 12:00 PM - 1:30 PM



MIDDLE SCHOOL STUDENTS ONLY

- FUNDAMENTAL SKILLS
- ATHLETIC DEVELOPMENT
- INJURY PREVENTION



REGISTER NOW!
SIGN UP FORM

QUESTIONS?
Email Coach Bals